

Volume XVIII

DECEMBER, 1953

3
No. 7



NEWS



St. Michael's Hospital School of Nursing Alumnae
TORONTO, CANADA

ST. MICHAEL'S HOSPITAL
ARCHIVES
TORONTO



THE NEWS

Published quarterly by the Alumnae Association
of the St. Michael's Hospital School of Nursing
Toronto, Ontario

ALUMNAE NEWS EXECUTIVE

Editor

Laura McGurk, '32 OR. 1873
91 Dewbourne Ave.

Reporters

Augustine Bourdon, '26 HO. 5540 Ethel Crocker MI. 8831
20 Woodland Park Rd. 311 Tweedsmuir Avenue

Treasurer

Louise Richardson RI. 6927
56 Roseheath Ave.



Merry Christmas
Happy New Year
To All Our Members

ALUMNAE MEETING

The October meeting of the Nurses' Alumnae of St. Michael's Hospital was held in the Residence.

The minutes of the last meeting were read by Pat O'Connor.

Doreen Murphy moved that the minutes of the June meeting be accepted as read.

The Treasurer's report was read by Louise Richardson.

The correspondence was read by Marjorie McGregor.

Moved by Grace Murphy, seconded by Mrs. Kay Guys that a meeting be held at the headquarters of the Canadian Cancer Society as an educational programme.

Due to Miss Vallaincourt's resignation Miss McGregor will fill the vacancy as Recording Secretary.

Miss McNamee reported on active membership.
Miss Grace Murphy reported on Nursing Education.

Miss Nora Devenish gave a report on a recent R.N.A.O. meeting held in Whitby.

Miss G. Egan reported on Registry activities.



New Business:—

Moved by Grace Murphy, seconded by Rev. Sr. Mary Kathleen, that if a scholarship winner was unable to use the scholarship awarded that \$100 be given as a cash prize to the winner, the remaining \$200 to revert to the Scholarship Fund. Motion carried.

Moved by Mrs. H. Martin, seconded by Kay McCully that \$100 be given to Isabel Zinger, this year's Scholarship winner, who was unable to accept the prize. Motion carried.

Moved by Louise Richardson, seconded by Mrs. H. Martin, that \$500 be given to establish a Student's Assistant Fund, to be used at the discretion of Sr. Mary Kathleen, for students in need. This amount to be taken from the Scholarship Fund, effective, October, 1953. Motion carried.

Mrs. Martin, with the assistance of Doreen Murphy, will convene the Christmas boxes this year.

Sister Vincentia moved that Kay McCully convene the Spring Tea. Miss McCully accepted.

Moved by Doreen Murphy, seconded by Miss Smythe that a tea and raffle be combined, Miss McCully to form her own committee, set the tea date and the amount of the raffle prizes, also have a baking sale. Motion carried.

Mrs. H. Martin suggested that the executive be responsible for social programmes.

Miss O'Connor read the announcements.

Next meeting to be held Tuesday, Dec. 8th, 1953.

Guest speaker was Sister Mary Kathleen, who gave an interesting and enlightening talk on the School of Nursing and the origin of the Sisters of St. Joseph.

Miss N. Devenish gave an interesting talk on the progress of the R.N.A.O. since its inauguration.

Sr. de Sales will speak on the C.N.A. and I.C.N. at a future date.

Miss O'Connor adjourned the meeting.

Refreshments were served.



ENGAGEMENTS

Theresa Arbour '52 to Gerald Quinn.

Agnes O'Sullivan '52 to Wilfred Nevins.



DEPARTURE CEREMONY

Sister Mary Antonia (Josephine LaPresti) 47, of the Maryknoll Community, has been assigned to active mission work in the Bolivia-Peru Region. A departure ceremony was held at Maryknoll on Sunday, July 12th; Sister Mary Antonia spent a few days recently with her family in Toronto.



Congratulations to:—

Mrs. Lillian DesRoches Mulligan and Mrs. Evelyn Clark, Barrie, whose daughters graduated this year from St. Michael's Hospital.





Jottings On My Trottings

By DOROTHY SHAMESS

Did you ever dream of travelling abroad? I did. My dream came true just this past summer.

Our trip was completely planned by a travel agency before our departure from New York. I was accompanied there by my two sisters and a Canadian friend. Our tour consisted of 27 members, 23 of whom were Americans. Not all sailed on the Dutch Liner "Nieuw Amsterdam", as we had, but joined us in London, at which place our tour began.

The crossing was the first for many of us and was a delightful experience. It takes little time to fall into the routine of life aboard a ship. One can be occupied from dawn 'til midnight with all the planned activities. We disembarked at Southampton 7 days later and were met by our courier who was entirely responsible for our luggage, hotel and train reservations, tips, bus trips, etc., and accompanied us throughout the continent.

We boarded the odd looking train, entering directly from the platform into our compartments, and headed for London. We were met by bus and taken to the "Reubens" Hotel which was directly across from Buckingham Palace Muse. After we registered, we had lunch at the hotel where we had our first taste of English food. It cannot be compared to ours, and only at one well recommended restaurant were we able to get what we considered fairly decent food. Fortunately, we were able to exchange American money into English currency on board ship, with a guide book on currency it took us four days we were in England to learn the different coins, which at times caused us much embarrassment. I seemed to be the "financier" for the four Canadians and was glad of the experience. My selection of coins for a tip was sometimes a costly one. In a short time we did our own financing, but still eager to help one another.

We were free our first afternoon in London and spent it wandering around Buckingham Palace, Marlborough House, Clarence House, St. James' Palace and Hyde Park, feasting our eyes upon some of the remains of the Coronation decorations. London is a very beautiful and historical city, with many large trees, parks and old buildings, newly painted. Everyone in London queues patiently, quietly and politely for almost everything. We 'queued' for two hours in intermittent rain to see the Coronation robes at St. James Palace. The admission fee was 50 cents. The Queen's gown is far more beautiful and ornate than can be pictured.

The following day we were taken through London by bus and a proud English guide. Our first stop was behind St. James' Palace, where we walked up "The Mall" to the Queen Victoria Memorial, which stands directly in front of Buckingham Palace. From there, we watched the changing of the guards, with many other hundreds of tourists. We then entered St. Paul's Cathedral, built by Sir Christopher Wren. On to the tower of London, Ye Old Curiosity Shoppe, Westminster Cathedral and Albert and Victoria Museum.

The following dull day we set out for Stratford-Upon-Avon. It poured rain most of the time and was quite cool. Now we understand why all English people carry umbrellas, rain or shine. The weather is so unpredictable that it is much safer to have with you some rain apparel at all times. Shakespeare's home and that of his wife, Anne Hathaway, are very familiar, looking exactly as they are pictured. We had lunch at the Shakespearian Inn.

We saw part of Oxford University, which is divided into 27 colleges. We toured Christ Church College Hall, which is the largest. It is a dull place, but steeped in tradition. Following this we went to Charlecote Castle, one of the few occupied by its original owner until but a few years ago.

The fourth day in London was also a free one which we spent shopping and later visiting Madame Tussaud's. The life-like wax figures at Madame Tussaud's startled us with their almost perfect likenesses of famous people.

That evening we went to Drury Lane Theatre

to see "South Pacific". Here you must pay approximately 6 cents for your programme and you may have coffee or tea served at your seats at intermission at a cost, of course! The coffee is terrible! In Paris we had to tip the ushers!

Everyone retires early in London, consequently we arrived at the theatre early and ate afterwards. We were not familiar with restaurants and having been sent to many which were poor, we decided to do some scouring for ourselves. We landed at the Savoy Hotel, which we later were to realize was a very exclusive place. We were directed there by an Englishman, a passer-by, who undoubtedly thought, as most people do that all Americans are rich! We ate very little and what we had was unappetizing and very expensive. We were nervous, realizing that we hadn't enough English currency to pay our check, and thought we'd have to spend the night washing dishes. Anywhere, anytime, American money is gladly accepted, which saved us from an embarrassing situation. Never will they accept Canadian money and, having been advised of this by our Agency, we carried none with us.

Having spent four very interesting days in London we boarded a train to Harwick, where we once more embarked on a small Dutch ship for a crossing which was to take us to "The Hook", a Dutch seaport. We were at times in the Channel and the North Sea, both of which were very rough. A few of us suffered once more with "mal de mer", a miserable condition in which to be. This was a 6-hour crossing. We landed, boarded a bus and arrived at The Hague one hour later. Here we registered at a hotel, went to our rooms which were spotless, but without bath, toilet or soap. Only a few of the hotels in all the countries we visited gave us rooms with bath, and none except in London provided soap. To have a bath we had to ring for the maid, have her draw our bath, tip her, and pay for our bath the morning of departure. This little procedure was a costly one—the minimum being 40c and the maximum 75c. Imagine having to pay for your bath! We really soaked and scrubbed ourselves when we were provided with such a luxury! the toilet is usually at the other end of a corridor and occasionally shared by both sexes. Some hotels had printed signs above the doors stating which was

for whom. In some of the countries we were at a loss since we could not understand the language and simply guessed, rushed into one of them while someone stood on guard. Only when we saw the word "Dames" did we feel safe to enter.

We toured The Hague and Amsterdam and were quite impressed with the cleanliness of the cities and the Dutch people. We were greeted royally in the dining room at the Hague, where on each table there was an American flag and the orchestra serenaded the Americans with American music. We took exception to this "American" reception and after a brief parley with the maitre d'hotel we were presented with a Canadian flag, and heard strains of "The Maple Leaf Forever". We were frequently referred to as the "British Americans".

We saw only the places that were little damaged by flood, which now looked clean and low. At times we were unbelievably 15 feet below sea level. There we saw dykes and a few government-owned windmills. Windmills are rarely used, and as we were told, are cared for by the government, solely for the attraction of tourists. The street-cars in Amsterdam contain mail boxes at the rear which are emptied at the post office. We witnessed a beautiful flower auction sale which was unique! It was held in a huge building and numerous beautiful flowers were sold.

The farms are separated by canals over which a small bridge is built for the cattle crossing. We were taken through Amsterdam to the Weeping Tower where Hudson first set out to explore New York and Hudson Bay. One of the Art Museums here contains many original Rembrandt paintings of which the Dutch can be proud. There are many houseboats along the canal where people were forced to dwell due to housing shortage. It even exists here! We saw many coloured people from the Dutch Indies who have become a real problem to the government. They are housed, an attempt is made to find jobs for them, a difficult thing to do, and many cannot acclimatize themselves to Holland weather.

On to Volendam which is a small Catholic town, and supposedly the only place in Holland where the native costumes are still worn. We saw Dutch shoes worn and on doorsteps, in many places, throughout the country. We visited a

cheese manufacturing building. This consisted of only a small, very spotless farmhouse, with the front of the building used as living quarters, one side for manufacturing of cheese, the other for cattle in the winter. The hay was stored in the centre of the building.

Thenext day we visited the Peace Palace in the Hague, with beautiful, well-kept gardens. This building does not serve its purpose. The population of Holland is 10 million and they have 4½ million bicycles. The country is overrun with them, particularly during rush hours.

We saw the exterior of the Royal Palace where the Royal Family lives for a very short time. They live sixty miles from The Hague, where the children attend school with many others.

We then went to Brussels, where we spent only one day. It is the place we liked the least and we were very glad to depart. We were told that there is considerable black market trade, living is high, food and clothing are very expensive. The average wage is \$110 to \$115 a month, which means that 85% of the wives have to work—either out or taking in washing, etc. We did see some beautiful lace at a famous factory where we bought handkerchiefs, doilies, guest towels, etc. These were very reasonable.

We were awakened at 5:15 the next morning to leave for Germany. Our destination was Weisbaden. We were to take the boat trip up the Rhine, but due to minor casualties (a wheel fell off the train) we were ½-hour late and were forced to take a bus along the river. We went through several small towns until we reached Cologne where I think most of the bombing was centred, as well as in Frankfurt. The ruins still stand and the damage was far greater than I had realized.

The bus we occupied was a lovely one, having won many prizes. It contained a bar in the front of the bus where ice-cold cokes were sold and a washroom in the rear. We could buy a coke anywhere in Europe at many different prices. The scenery along the Rhine is beautiful, with its huge sloping vineyards, topped by great castles. This was obviously a wealthy residential section at one time.

We spent one night in Weisbaden which is occupied by American, French and British soldiers,

and then journeyed to Heidelberg University. This was built in 1380 and is very interesting with its students' prisons and old classrooms. From there we took a cable car to the castle of Heidelberg up in the mountains. The grounds here were lovely and some of the buildings stand in ruins.

We drove through the fabulous Black Forest, so well named with its dense, dark green trees. We arrived in Freudenstadt where we almost perished with the cold. This was July 19th and up to this point the weather had been quite cool.

We had our usual continental breakfast (rolls (not always fresh) and a beverage) and again we left early for Switzerland in our very luxurious bus. We stopped at Triburg which is the centre of cuckoo clocks. It wasn't long before we could see the magnificent snow-topped Alps in the distance. We arrived at our hotel at 5 p.m., where we were given the privilege of a bathroom for an extra \$6.00 for two nights. Some of us did take one and allowed several of the other members of our tour to use it. The next morning we boarded a bus with our Swiss guide to take a trip through Lucerne and some of the mountains. The weather at last was growing warmer. The following day we went to Lake Lucerne, Interlaken Lakes, Susten Pass and finally to see Jungfru, which is one of the famous mountain peaks. En route we passed the memorial chapel of Queen Astrid of Belgium, wife of Leopold III who was killed in a car accident at this very spot a few years ago.

We passed several resort towns with their many chalets. On our way up to the Susten Pass which was 7500 feet high, an artificial lake and a glacier lake were pointed out to us. On our way down the bus stopped to allow the Californians to frolic in the snow. They were very excited, throwing snowballs at those who remained in the bus. The dirty, scarce snow, which appears so white from a distance, did not appeal to us in the least. We retired early to rest for our long journey to Venice.

We stopped at Milan for only a few hours sightseeing. This pleased us because it was very hot! Our Italian guide was dramatic and witty. He emphasized the strained relations between Milan, Rome and Naples. This is what he told us:

"Milan works, Rome eats and Naples sings". We were informed that the people in Milan are taxed heavily and pay most of the taxes for all of Italy. He also warned us to guard our purses throughout Italy. He then took us to a monumental cemetery which was a real show place. I do not think that these people are proud of it, but it is an attraction for tourists. From what I understand only one other like it exists and that is in Havana. I believe one must be very wealthy to be buried here for these are the rules: (1) they must pay for their plot of land which amounts to approximately \$1600. (2) have a huge and costly monument built by a famous sculptor which must depict their life and must be approved by the Board. (3) pay fees every year for the upkeep (4) renew initial fee of \$1600 at the end of 25 years, or the monument will be destroyed, the bones dug up and tossed in the bone yard, which we did not see. I was not impressed! We also saw the famous "Last Supper" by De Vinci.

We left Naples at 6:30 and arrived in Venice at 10 p.m. The train was filthy, made more so by the open windows, our only means of air-conditioning. We were taken by gondola to our hotel which took ½ hour. We were impressed by the lovely huge buildings engulfed in moonlight and the clear, calm water. Many of the gondoliers know only one word of English and that is "tip". My sister thought he meant "to tip her into the water" and she became quite alarmed! All he wanted was one cigarette for a tip.

The flies were plentiful and we had been warned to close our shutters before turning on the lights. There are no screens on the windows. We had a lovely room with bath, the latter decorated in pink marble. Marble is used extensively throughout Italy. The next morning we went sight-seeing by foot. This was extremely tiring due to the intense heat. Our guide was an intelligent University professor who spoke English fairly well. His salary as a professor of fine art was \$60.00 a month! We went first to St. Mark's Church and before entering some were forced to wear sweaters which they had been told to carry with them. Nowhere in Italy are you allowed to enter a church without at least elbow-length sleeves. It is not necessary to wear a hat. From

here we toured Doge's Palace where we saw a depressing dungeon and then on to a glass factory. Everything in Italy is closed from 12 to 4 and re-opens until 8 p.m. It would be impossible to work in the noonday heat.

We resumed our sightseeing by gondola that afternoon. We were taken through the canals and what a rude awakening! The water was infested with such things as dead cats, chickens and garbage. The odour was so bad that one of the girls became quite ill. It was a far cry from the lovely, romantic ride the night before. That evening we attended an outdoor concert in gondolas. The evening was considerably cooler, the odour had vanished and it was too dark to see the accumulated grabage floating on the water. We enjoyed the concert. Their only means of conveyance are by boat and ferry, which is comparable to the Island Ferry here.

By motor launch we left the next morning for Rome. On our way to the train we passed a hearse on the water and also saw traffic lights at an intersection. Again we boarded a crowded, hot, dirty train. We tried to get to the diner for our lunch, but couldn't get through the mob standing in the aisles where we were forced to remain for ½-hour. We were almost frantic. We finally squeezed our way back to our coach. At Bologna we left the coach, ran like mad along the platform to the diner where we had to remain until we reached Florence. Here we repeated this performance. We arrived in Rome at 6:30 p.m. at a beautiful, modern station. we walked from here to our hotel which was just a short distance away. In that short time we were approached by many peddlers and beggars. They saw us coming but however we resisted.

After a good night's rest we proceeded to tour Rome, a very old and beautiful city. These are the places we've visited—Capitoline Hill, the most famous of the seven hills; the ruins of two temples of Juno and Jupiter which were almost completely demolished during the middle ages; two buildings of the Renaissance period, one of which contains the office of the mayor of Rome; the bronze statue of Marcus Aurelius, one of the most beautiful examples of Roman art; on to the Roman Forum, to Palatine Hill which was built by Romulus and Remus; the ruins of Nero's Forum,

several temples and the ruins of the basement where Mark Anthony gave his famous speech. We viewed the Coliseum with the arch of Constantine. Seating capacity was 50,000. There was an underground cave for Vespasian and another from which the beasts entered to fight gladiators. The Coliseum contains galleries for various classes of people. A huge simple buttress, 150 ft. high, was ordered to be built by Pope Pius VII to prevent the walls of the Coliseum from collapsing. We stopped at the Church of St. Peter's in Chains where stood the famous statue of Moses by Michaelangelo. The chains with which Peter was imprisoned in Jerusalem are contained in a glass case in the main altar. We stopped at the ruins of a swimming pool for 1500 people, built by Caracalla, which is used in the summertime for open air opera. We attended one the following night and enjoyed it very much. Along the Alpan Way which was opened in 3 B.C. we could see the ruins of tombs of the most important families of Rome. We passed through St. Sebastian Gate, one of the best preserved of the 14 gates of Rome. We saw the famous chapel of Quo Vadis. Then we toured a small section of the San Cal-lesta Catacombs which we found depressing, but cool.

We continued the tour of the city until we stopped at the Basilica of St. Paul, which I thought the most beautiful church thus far. The bones of St. Paul are buried beneath the main altar. There are 82 columns of granite above which are mosaics of various popes to the present time. We were fortunate in being allowed to see a baptism and attend Solemn Benediction. On we went to St. Peter's Square and the famous St. Peter's Basilica. I will not attempt to describe it, nor do I think any pictures will show the magnificence and vastness of this cathedral. It would take days to see everything there and only a few things were pointed out to us: (1) the 52 (I think) altars (2) The Holy Door and many beautifully sculptured statues (3) beautiful main altar (4) priceless Mosaics. The remaining 15 minutes we spent gazing around the cathedral with our mouths open! We stopped in front of St. Peter's to buy religious articles, hoping to have them blessed by His Holiness, Pope Pius XII. This was impossible since he was having

audiences on Wednesday and Saturday at his summer palace. We were not in Rome on these particular days.

On we went to the Vatican City which was absolutely mobbed. We had to watch our guide carefully so as not to lose him. There are several miles of corridor which we didn't even see. We spent most of our time in the Sistine Chapel which is fairly small, containing many of Michael-angelo's paintings. It would take several weeks to see everything and the little we were privileged to see thrilled us no end.

The next day we went to the "Palace of Venice" where were located Mussolini's offices. We shopped, and found English speaking clerks in every store and young and old beggars on the streets.

On July 29th we left by bus for Florence. We stopped at Assissi where we were taken through St. Francis of Assisi Church by a Franciscan monk. We saw the roses without thorns and where St. Francis died and was buried. We spent one day in Florence which was surprisingly cooler than Rome. What impressed us most was the "Boys Town" for orphan boys run by the Franciscan Friars. We watched these boys, aged from 8 to 16, making lovely leather articles. The shop was crowded with customers, we being among them. We had been advised by our guide and many tourists, whom we met, to shop in Florence. Realizing we had just four hours in which to do this, we became frantic and did pick up things along the way. However my sister and I walked steadily for four hours, looking at lovely and inexpensive leather goods, silk ties, etc. Finally we started toward our hotel and after several attempts to find it I decided to take a cab. We hopped into the taxi, gave the name of our hotel with our cab driver looking enquiringly at us. No wonder! Our hotel was just around the corner and he certainly made money on that deal! During our stay in Italy we bought our water which cost us 60c a bottle (The size of a ginger ale bottle). We were warned about drinking the tap water. Many of the other tourists drank the tap water and later were quite ill with dysentery. We were too but we kept telling ourselves it was due to the very oily food!

After our tiring hot days in Italy we were

given two days at Nice on the French Riviera. We whizzed through Pisa and only got a glimpse of the leaning tower. The Mediterranean Sea is as blue as we imagined. They allowed us a day's rest, resuming our sight-seeing the next day. There are very picturesque villages built on mountains that we could see on our way to Monte Carlo. This gambling place may appear lovely to some, I thought it quite depressing. The building itself is quite lavish, but the characters who indulge in gambling are a sight to behold!

We were allowed to swim in the Mediterranean which was quite a chore. Only the Californians enjoyed it, being accustomed to high waves and very salty water. We were content to lie in the sun and rest.

We finally boarded a train for Paris. We were not allowed to get into our coaches until all our luggage (52 pieces) was safe in our compartments. We were informed that in Europe a train will never wait long enough for luggage to be loaded, consequently we were last to board and very hurriedly!

Paris, with its 2,000,000 trees and wide avenues is like no other city. Its parks are showplaces where you admire the beautiful grass but do not walk on it. The grass is all fenced and people sit along the edges. In Hyde Park in London, you find people lying on the grass reading or resting and young mothers push their prams across the grass. We spent four days here during which time we saw the following famous structures: (1) The Arch de Triomphe (2) Champs Elysees, Tuilleries Gardens, many famous night clubs such as Maxim's and Lido Club (3) statue of Claude Debussy (4) the Eiffel Tower, 1,000 feet high, which is the highest in the world and the symbol of Paris (5) the beautiful Opera House where we later saw an opera. (6) Napoleon's tomb (7) Palace of Justice where Marie Antoinette was imprisoned for 76 days (8) Chapel of the Sorbonne (9) Sorbonne University. We entered Notre Dame Cathedral which took 200 years to build. The organ has 6000 pipes and 6 cardinal's hats hang from the ceiling. We viewed the city from Montmartre which is the highest point in Paris. The second day we visited the castle of Malmaison which was the country house of Napoleon and

Josephine. This home was well kept and everything as it was during their occupancy.

We continued to Versailles where we saw the park, the "Grand Trainon" and the "Petit Trainon." The latter was built by Louis XV for Madame Pompadour, which after her death was donated to Madame Dubarry. Finally Louis XVI gave it to Marie Antoinette.

Our final stop was at the palace of Versailles which is huge! The most interesting room in this palace was the Mirror Hall where the Treaty of Versailles was signed in 1919. The table on which it was signed still stands. The gardens around this palace were the loveliest we had seen anywhere. We cannot understand how people can afford to live in Paris. I will give you examples of prices—cokes: 60c, Kleenex: \$1.00 a small box, coffee: 55c a cup. One never pays the quoted prices for a meal. There are always additions, such as service charge and tips. We could never see the difference between service charge and tip but apparently they did. To satisfy our curiosity we attended a night club and a stage show. Both very expensive, overrated and crowded.

The following day we shopped all day, packed in readiness to leave for Le Havre for our journey home. The strike started that very morning and delayed us four hours. Buses were hired to take us to our ship while it waited for all the passengers.

Twenty-four hours before our expected arrival in New York the port-holes were closed and storm ropes put up in preparation for a hurricane. It occurred six hours later. We were told we were just on the outskirts of it. I'm very glad we weren't in the midst of it. While out on deck we watched the angry high waves and heard the wind howl around us. Finally we were told to keep off deck. Needless to say, many were seasick. We arrived in New York 12 hours late on a very hot day. We were very happy to see land and happier still to see our own Canada.

Thank you for giving me the privilege of writing this for the Alumnae News. I feel that I have re-lived my trip which was to me and I am sure to the rest of our tour, a very educational one!



DID YOU KNOW THAT:

The following were visitors in Toronto recently:—

Dorothy Callaghan Pratt '37 and her 4 year old son, Christopher.

Marion Schwanbeck '44.

Mary Willsher '47.

K. Belair O'Connor '33.

Patricia Brezinski '48.

Mary Rose Fenton '44.

Lillian Wohler Ballyk '50.

Mary Noonan Chateauvert '42.

Teresa Rooney Serpell '49.

Ruth Nesbitt '49.

Leonide Uguccioni '48.

Gret McEvoy '14.

Anne McDonald '51.

Ruth Nesbitt '49.

Leonide Uguccioni '46.

Gret McEvoy '14.

Ruby Price Fowlie '28.

Margaret Tanney '44.

Eunice Griffin '47.

Margaret Sullivan Ward.

Reta Burke Lynn '50, who told us about her five months old baby, Janet Ann; and about Vivian Haddad Cullingham's seven months old boy and Beth Ross Robinson's boy, who is three days older than her Janet.

Kay Meagher was a recent visitor in Toronto. Kay doesn't like the weather up here.

Mary Stanton Thomas spent the summer at South Hampton.

Marie Evers had a delightful trip to England, Ireland and Scotland and Europe.

Irene Corrigan holidayed at Brechin.

Florence O'Reilly and May Brennan enjoyed two weeks in Huntsville this summer.

Marjorie Larkin motored East this summer including New Brunswick, Newfoundland and the Gaspé.

Elma Purtle and Helen O'Sullivan spent a few enjoyable days in Buffalo this summer.

Lulu Marrin, Detroit, visited here this summer.

Margaret O'Meara visited with her family at Lombardy in September and while in the Ottawa Valley enjoyed a visit with Mrs. Mayme Taylor Mulcahy and Mrs. Mary Mulcahy Campbell at Prembroke and Mrs. Marie Dooher Walsh at Brockville.

Miss Audrey Kearns spent a few days with Irene McGurk Dunbar in her new home in Albion, Ontario.





OUR SYMPATHY TO:

Margaret Nealon '23 and Irene Nealon '33 on the death of their father.

Mrs. Marie O'Connor Forrester '26 on the death of her mother.

Doreen Murphy '36 on the death of her uncle.

Mrs. Ann Dolan Scully on the death of her aunt.

Jean Vincent Solmes '43 on the death of her father.

Ruth Robertson '43 on the death of her mother.

Mrs. Irene LeGree Lobraico '23 on the death of her sister.

The family of Mrs. Lily Casserley Crane, '05, who died May 26th in St. Luke's Hospital, Pasadena, California.

Helen Cronin '30 on the death of her father.

Mrs. Kay McAuliffe McAlpine on the death of her father.

Bertha Gibbons '15 on the death of her mother.

Mrs. Rose Hays Shuman '34 on the death of her husband, Dr. Phil. Shuman.

Audrey Kearns '23 on the death of her mother.

Mrs. Alma Mahoney Golden on the death of her mother.

Mrs. Peggy Thomas Tourageau '43 on the death of her husband.

Mrs. Teresa Carroll Rallson on the death of her uncle Rev. Father Fraser who died some months ago.

The family of Kate Kennedy, who died in May at St. Theresa's Unit.

Eva Richardson '17 on the death of her sister.

Marie Dooher Walsh '15, on the death of her mother.

Mrs. June Patterson Denby '39 on the death of her husband.



The Holy Sacrifice of the Mass was offered for the deceased members of the Alumnae in St. Michael's Cathedral Friday, Nov. 13th, at 8 A.M.



We are sorry to hear of the following nurses who have been patients in St. Michael's Hospital and wish them a speedy recovery:—

Ella O'Boyle '13.

Eleanor Cowan '26.

Josephine DeWitt '41.

Kath. Sheedy '37.

Anne DeCoste '48.

Mary McTur Iles '17.

Helen McGough '23.

Gertrude Duffy.

Margaret Mallon Murphy '31.

Eileen Riordon.

Sister Mary Verda, (Sarah McKenna) '31.



Miss Julia O'Connor and Mrs. Faye Nurse King are patients in Our Lady of Mercy Hospital.



We sincerely hope Sister Carmella is much improved since her recent illness.

Notes on the General Nursing Care of the Arthritic Patient

By DR. D. C. GRAHAM

Medical Director of the Canadian Arthritis and Rheumatism Society

"Arthritis" is not a single disease but a large group of different types of joint disease, many of which are quite distinct in the ways in which they manifest themselves and in the type of treatment they require. Therefore there is obviously no one remedy or combination of remedies which are uniformly successful in the treatment of all cases of arthritis. Treatment which may help one patient with arthritis may be of little benefit or even of harm in the case of another patient.

A sound treatment programme can only be devised then, if the patient reports at the earliest possible stage of the disease to his doctor who will assess the therapeutic requirements in his individual case and will outline his treatment accordingly.

The major nursing problems in the arthritis field apply to those patients who are confined to bed either totally or partially, in the home as well as in an institution.

Education and Encouragement

This group of patients require prolonged and often tedious efforts directed at their education regarding the nature of their disease, its common sense management and its likely course. It goes without saying that they should never be impressed by the fact that they are suffering from an incurable and crippling disease. They should be encouraged in every way to rehabilitate themselves and should be dealt with in a perpetually optimistic manner stopping short of course, of statements which provide false or unfounded hopes of early or complete cure. All of us concerned with the management of these patients, and this includes the nursing profession, should do everything we can to see to it that they are not allowed to deteriorate to such an extent that they will need a permanent bed in an institution, and we should encourage by every possible means, the continued independence of the patient.

The Prevention of Deformities.

In cases of rheumatoid arthritis the patient

may have considerable damage in the structures which make up the joints. In addition there may be inflammatory involvement of the soft tissues around and outside the joints including the muscles, ligaments, tendons and fascia. These soft tissue structures may become involved by scarring and adhesions which prevent normal joint movement and interfere with muscle action. This may ultimately result in contractures of the hips and knees, fixed adduction of the hips, adduction of the shoulders, fixation of the elbow in partial flexion and flexion and ulnar deviation deformities of the fingers.

The great majority of these complications are entirely preventable by good nursing care and common sense measures of physical therapy which can be carried out by the patient in the home under the supervision of and with the assistance of an attending nurse or relative.

Any arthritic patient who is confined to bed requires constant care to see that the affected joints are not continually maintained in an undesirable position which will favor the development of the contractures and deformities just described.

Insofar as possible, all joints should be kept straight during the period of bed rest. Patients should avoid sitting in a bent, slumped or propped up position. A bedboard made of plywood or other non-sagging material running the full length and width of the mattress and placed between the mattress and springs will give support, prevent sagging and maintain the spine in a proper position.

A small sandbag or folded towel placed under the upper arm and another at the wrist will help keep the elbow and wrist straight while lying on the back. A folded towel or small pillow placed under the heels will likewise help to keep the knees straight.

Pillows should not be placed under the knees under any circumstances and at any time, as they promote flexion deformity of these joints.

If possible the patient should be trained to use not more than one pillow under the head during the bed rest period. Bedclothes that are too heavy or drawn to tightly over the feet may cause foot deformities. This may be prevented by using a box or carton as a cradle for the bedclothes or by

placing a board on edge across the foot of the bed.

Sandbags placed against the outsides of the feet will prevent them from rotating outward.

The strain on hips and knees imposed by getting in and out of bed may be reduced by raising the mattress from the bed frame by placing 6" x 6" wooden blocks between the springs and the frame or the bed itself may be raised by placing these blocks under the bed legs.

Adequate daily nursing care is essential to maintain the skin in healthy condition in patients confined to bed for prolonged periods. The usual principles of skin hygiene, bathing, cleanliness, alcohol rubs, etc. can be taught another member of the family if professional nursing care is not available daily.

When the patient is allowed up he should use a chair which is not too low. For the same reason that it is desirable to elevate the bed it may also be desirable to elevate the chairs on wooden blocks. Sitting in a chair for longer than an hour often produces stiffness and fatigue. To be sitting in a chair 3 or 4 times a day for short periods is probably wiser than to be up fewer times for longer periods.

Not uncommonly, a good deal of the pain experienced by patients with arthritis is due to fatigue and strain imposed by faulty posture. Patients should be instructed that doing one thing for too long, whether it be sitting on a chair or walking or doing some piece of work, will eventually produce fatigue and that it is restful to change and do something else. General principles of proper posture should be outlined to the patient and stressed at all times.

The patient should review his daily routine of living and eliminate as many as possible of the activities which place an undue strain on affected areas.

In addition, exposure to cold, damp and infections as well as mental and emotional stress and fatigue should be avoided as much as possible.

The Use of Local Heat.

Simple forms of local heat may help to reduce muscle spasm, relieve pain, improve circulation and increase range of movement. These heat applications are usually provided for periods of 20

or 30 minutes once or twice a day before the patient carries out the exercises described later. Either wet or dry types of heat can be applied by such simple measures as home made bakers heated by ordinary Mazda bulbs, household cone-type electric heaters with large reflectors, electric pads used at "Low" heat, hot water bottles, hot tub baths, hot moist packs or paraffin wax baths.

Exercises

While it is necessary to provide adequate rest for diseased joints, it is of equal importance that their maximum degree of function be preserved by maintaining as much as possible, their full range of movement and by maintaining and improving the power of the muscle groups that produce this movement. To this end the patient should be taught to carry out faithfully a daily exercise programme which can be outlined to meet his individual requirements. These exercises are usually practised with the patient at rest in bed, to avoid further mechanical strain on the affected joints due to weight-bearing. There are certain general rules concerning therapeutic exercises which apply to most patients with arthritis.

(1) In addition to specific exercises prescribed for particular joints, every affected joint should be moved through its full range of motion at least once every day.

(2) All exercises should be done slowly with complete relaxation between.

(3) The amount of exercise is generally increased gradually. To begin with, almost every patient will be able to perform each exercise prescribed two or three times at a session without trouble. Every few days the number of times each individual exercise is performed may be increased by one to two until the total amount of exercise reaches the level desired by his doctor.

(4) Some muscle pain and soreness may be expected when exercises are first started but will usually subside within a few hours.

Any exercise which produces pain that doesn't last more than a few hours will not likely do any damage and may ultimately be helpful.

(5) Any exercise which produces persistently increased pain over the next day or two should be decreased or stopped.

Patients must realize that casual or half-hearted exercising will do no good and that at least 1 or 2 regular exercise periods **every** day are necessary for maximum benefit.

The patient who has not had regular exercises and who has had his disease for any length of time will usually be surprised and pleased to see how much he has accomplished in the first month or two on a regular exercise schedule.

Re-Establishment of Independence.

The ultimate aim of all our measures of treatment and nursing care should be to accomplish the maximum degree of rehabilitation possible in each individual patient and to render him as self-reliant and independent as possible.

Painstaking efforts over prolonged periods often pay worthwhile dividends in teaching patients, even those with severe crippling disease, to look after themselves in their everyday activities about the home. This may require tedious training in teaching the patient to perform such simple acts as dressing himself, shaving, brushing the teeth, combing and brushing the hair, writing, opening doors, doing up buttons, handling a knife and fork, etc.

Such retraining often taxes the patience of the attending nurse to its limit, but the restoration of human dignity and self esteem that goes with the independence so gained is more than adequate reward.



MR. AND MRS. BALL CELEBRATE JUBILEE RECEIVE SPECIAL PAPAL BLESSING

On October 27th, 1903, Mr. Louis John Ball and Miss Mary Haffey (Toronto), were married in the Church of St. Francis of Assisi, Revelstoke, B.C., by Rev. Fr. Roy, mission priest of the Okanagan.

On October 27th, 1953, Solemn High Mass was celebrated in the Church of Christ the King, Oliver, B.C., at 10 o'clock a.m. by Rev. Fr. Downey, Rev. Fr. Morelli of Osoyoos, and Rev. Fr. O'Reilley, of Lumby, B.C., deacon and sub-deacon. The choir under the direction of Harold E. Ball, organist and choir-master was in attendance. Also present were Rev. Mons. W. B. McKenzie, D.P., of Kelowna.

Immediately after Mass Father Downey presented the jubilarians with a beautiful parchment scroll, bearing a special Papal Blessing for the occasion.

A dinner was served in the Parish Hall by the ladies of the C.W.L. for the family and grand-children; five priests were present.

During the afternoon a reception was held at the home of the eldest son, Dr. N. J. Ball, where Mr. and Mrs. Ball received congratulations of family and friends. Several telegrams were received, and a letter of congratulations from Louis St. Laurent, Premier of Canada.

Four of their five children were present. Dr. and Mrs. Norbert J. Ball; Mr. and Mrs. Neil Ball, San Francisco; Harold and Mrs. Ball, Oliver; Miss Rita Ball, Edmonton, Alberta. Marion (Rev. Sr. Monica) of Precious Blood Monastery, Hamilton, Ontario, was unable to attend.

Miss Rita is a graduate of St. Michael's Training School for Nurses, 1933, and is Director of Nursing Education in Misericordia Hospital, Edmonton, Alberta. Marion (Sr. Monica) graduated from St. Michael's Training School in 1939. Mrs. L. J. Ball (Miss Mary Haffey) also is a graduate of St. Michael's Hospital, class of 1902.

Mr. and Mrs. Ball have seven grand-children, and have retired in their new home at Gallagher Lake, near Oliver, B.C.



ATTENTION PLEASE

Calling All Members

December Meeting

Second Tuesday - - December 8th

Turkey Dinner

**Tour of
Emergency Department
and
New "D" Wing**

Time 6:30 P.M.

NURSES' NORTH RESIDENCE AUDITORIUM

Price \$2.30

Tickets Available From:—

Pat O'Connor,

Nurses' Residence or Home—HU. 1-2992

Kay McCully, KI. 7701



A TRIP TO LOURDES

By MARY VAN PRAAGH

We left Victoria Station in London at 1.30 P.M. on July 31st for Lourdes. Immediately we boarded the train Our Spiritual Director came into all the carriages, asked us our names and returned in five minutes to say the Rosary with us. It was the first time that I had ever said the Rosary publicly in a railway carriage. We then passed through the beautiful county of Kent on our way to Falkstone, the channel port from which we were to embark for France. As we left the English shores we bid good-bye to the majestic White Cliffs of Dover. We arrived at Calais, France, after a stormy crossing, but being a good sailor I enjoyed it. After a brief visit with the French customs, we left by train for Paris. Arriving in Paris at midnight, the first sight that met our eyes was the illuminated stately Sacre Coeur Church of Monmartre. This grand Church towers over Paris, and was the result of a vow made during the Franco-Prussian war of 1870 by two Parisian catholics, Hubert de Fleury and Alexander Legentil. Both had promised that as soon as France was liberated, they would have a church built in which the Sacred Heart of Jesus would be venerated. Since that time millions of the faithful have, every year, climbed the hill of Monmartre. Le Sacre Coeur de Monmartre has become one of the most important sanctuaries of the world.

After leaving the Sacre Coeur, we took a bus ride around Paris. It is a very thrilling city, especially at night when it is illuminated. Going from the "sublime" to the "ridiculous" one of the things that intrigued me about Paris was the little tables on the sidewalks outside of the cafes, also the flower women with their large baskets of

beautiful flowers, and the men and women who were selling their wares on the banks of the Seine.

The next day at 12 noon we left Paris for Lourdes. After an enjoyable 12 hour train journey through a delightful french countryside, (during which time we said our Rosary publicly several times), we arrived at Pau, which is approximately half an hour's journey from Lourdes. As we were nearing Lourdes our courier, a Parisian by birth, who had been decorated by Our Holy Father for making 94 trips with pilgrims from Paris to Lourdes, told us to look out of the railway carriage window and we would see the Grotto. The Grotto can be seen from the train as it is higher than the train tracks and day and night it is "alive" with lighted candles. I simply cannot describe my feelings when I saw the Grotto from the train. I was simply overcome. We then arrived at Lourdes Station. As I stepped off the train I said to myself "I am really in Lourdes". The next morning we were taken down to the Grotto and as I looked up at the statue of Our Lady which is erected on the exact spot in a niche in the black rock where she appeared to St. Bernadette, I remembered all my friends who were unable to be there. The statue of Our Lady seemed almost real, standing on the very rose-bush, which she did at the time of the apparitions! She looked so majestic surrounded by the Pyrenees and in the midst of a truly Southern French countryside with its palm, lime and plain trees. My first two impressions were as follows:—1. In what a remote part of the world Our Lady appeared and every year hundreds of people travel thousands of miles to the little mountain retreat. 2. What a beautiful part of the world in which our Lady appeared.

Our first day in Lourdes we went through the Grotto and touched the rock on which Our Lady stood. It was the same part of the rock (but we were standing a few feet under the exact spot), as Our Lady appeared high up on the rock and where we were standing, at the time of the apparition, was a garbage dump. In the afternoon we went down and stood outside the baths while the sick were being immersed. While we stood there, we sang litanies and invocations for the people being immersed. The water used in the baths is

tapped from the original miraculous spring. It is very cold and although each bath is only changed once a day no one has ever caught any disease or caught cold. I had the privilege of being immersed in the water, (I was both nervous and cold), but appreciated the privilege. When the sick had been immersed, we went to the Blessed Sacrament procession, which is held in the square outside of the Basilica. After the procession, the priest holding the Blessed Sacrament, blesses all the sick and after this blessing, as a rule, if miracles occur, is the time that they take place. The blessing of the sick being over, invocations are said, through a loud speaker, in all languages and the people of the different tongues answer the prayers in their respective languages. I am not ashamed to admit that when the English speaking priest said "O Lord that I may see" I looked over at the square, where all the sick were lined up on stretchers and in wheelchairs, and when I saw row after row of blind people with their canes and their assistants, I offered up a prayer of gratitude for my sight and restoration of theirs. In the evening the torch-light procession takes place. Thousands of people walk in procession with lighted candles, singing the hymn of Lourdes. One evening it is sung in English and the next in French and at the close of the procession we assembled in the square outside the Basilica, where the Credo, Salve Regina and the Divine Praises were sung in Latin and each and everyone present took part in the singing, whether they were able to sing a note or not. The first evening that we participated in the torch-light procession 30,000 people took part. Sometimes there are even larger numbers.

Last, but not least, the following day we made the Stations of the Cross. Each station is built on an incline up the mountain side and the 12th station, approximately 2000 feet above sea level, is at the top. When we reached the 12th station the Sacrifice of the Mass was celebrated and afterwards we commenced to descend to the 13th and 14th stations. For the first time in my life I felt I had made the "Way of the Cross". On returning to the place from where we had started I noticed some of the English boy scouts, who were the stretcher bearers in our party, were putting on their shoes and stockings. They had

made the Way of the Cross in their bare feet. The way we had trod was stony and difficult. The organizers of the different pilgrimages try to obtain stretcher bearers who speak the same language as the person they are assisting, as all the time from the hospital to the Grotto, or the baths, as the case may be, the stretcher bearer prays and the ill person, if possible, answers, but if there are not sufficient stretcher bearers of the same nationality as the sick person, they pray in the universal tongue of the Church, namely latin, and of course the sick person is able to respond.

We saw many relics of St. Bernadette including all her clothing and I even touched the old pot and fire irons on which the Soubirous family did their cooking (that is when they had anything to cook).

After the apparitions St. Bernadette was taken in by the Sisters of Charity at Lourdes, because the townsfolk never gave her a minute's peace. In a private chapel at this convent, (where we visited), she made her first Holy Communion. Even at the convent the townsfolk pestered her, so when she expressed a desire to enter the religious life, she was sent to Nevers, which is quite a long distance from Lourdes, to Saint Gildard Convent, Motherhouse of the Sisters of Charity, where she remained until her saintly death.

All the work at Lourdes is voluntary and a number of our pilgrimage offered our services. We were accepted and helped for one morning. We arose at 4:15 A.M. and went from our hotel down to the hospital and washed the patients in preparation for their journey down to the Grotto, where they heard mass and received Holy Communion.

Our Lady asked St. Bernadette, among other things, to see that two things were accomplished:—

1. That people come to Lourdes and walk in procession.

2. To ask for a church to be built near the Grotto and both these things have been accomplished in a very striking manner.

There are three churches built on one foundation, the Rosary Church, with its magnificent chapels depicting the fifteen mysteries of the rosary and above that the Crypt, where confes-

sions are heard in all languages and above the Crypt is the awe inspiring Basilica, all decorated in gold and her other request was granted because people walk daily in procession in the thousands.

We visisted the home where St. Bernadette was born and at the back of this small dwelling Monsieur Soubirous had a small grinding mill in which he ground grain for mere pittance, for the neighbouring farmers. Small as the rent was St. Bernadette's father was unable to pay it and so a relative rented, for the Soubirous family, a small room in an old prison. I visited this small room, which, incidently, after the Grotto, is considered the most sacred place in Lourdes, and in a small space, where St Bernadette, her sister and her father and mother slept, is now an altar and under a small window on the other side of the room her two brothers slept. There was a tiny stone basin built in the wall, a creaky old door and an apology for a fireplace where they did their cooking, but love reigned among all this abject poverty. After St. Berandette left for the convent the townsfolk of Lourdes bought Monsieur and Madame Soubirous a little house. It was a slight improvement on their one room in the prison. I visited this little house also.

I could go on "chatting" forever about Lourdes but in closing I would like to say that the Miracle of Lourdes is not only those who are physically cured, but also those who are ill either physically, spiritually or mentally and who return to their homes with the miracle of resignation in their hearts. May Our Lady of Lourdes and St. Bernadette help the sisters, doctors and nurses of St. Michael's Hospital, who are caring for the ill and who are unable to go to Lourdes.



TRADITION AT ST. MICHAEL'S

Among the members of the preliminary students are daughters, sisters, nieces, cousins of former or coming graduates of St. Michael's Hospital School of Nursing.

Daughters

Nancy Daly—Audrey Crowley Daly '28
Sheila Maloney—Helen Brosnan Maloney '20
Ann Roche—Nita McInnis Roche '21
Lois Shonahan—Louise Rainville Shonahan '19
Margaret Young—Mary O'Hara Young

Sisters

Sheila Attridge—Shirley Attridge '52
Denise Burke—Alma Burke '54
Patricia Carroll—Margaret Carroll '54
Moir MacNeill—Neila MacNeill '54
Patricia Marion—Lorraine Marion '53
Marie McKenna—Ann McKenna '53

Nieces

Denise Burke—Gertrude Egan '15
Lucille Callon—Marcella McDonald '26
Sheila Cantlon—Camilla Heffernan '42
Ann Dolan—K. Lavis LeBean '26
Marion Guyett—Leona Scanlon '27
Marie McKenna—Sister Mary Verda McKenna '31
—Verda McKenna '34
—Nora Burns Male '33
Claire Marie O'Hagan—
Claire O'Hagan Thompson '36'

Cousins

Lucille Callon—Marianne Rolland '56
Anne Markey—Lucille McCusker '53
Verna Murphy—Kathleen McNamee Clancy '43
Marie O'Grady—Norine Barrett '52
—Mary Beattie '45
Susan Rogers—Joan Rogers '53
Sheileagh Willon—Jacqueline Mulcahy '45



W E D D I N G S

HADDEN-O'NEILL—St. John's Church, September 26, Anne O'Neill to Lewis John Hadden.

BROADHURST-MOORE—St. Patrick's Church, Port Colborne, June 27th, Kathleen Moore '51 to Harry Broadhurst.

SEHL-BELLISLE—Our Lady of Sorrows Church, September 12, Elizabeth Bellisle '50 to Edward Sehl.

HARKINS-LOWE—St. Mary's Church, Owen Sound, August 15, Margaret Lowe '49 to Dr. John Leonard Harkins.

McGOEY - VAILLANCOURT — St. Anselms Church, August 15, Helen Vaillancourt '49 to Dr. James McGoey.

MAROTTA-HUGHES — St. Peter's Cathedral, Peterborough, August 31, Margaret Hughes '51 to Dr. Joseph T. Marotta.

YADEN-CUDDIHEY—St. Teresa's Church Hamilton, Bermuda, July 4, Rita Cuddihey to Regal Yaden. Father Jerome Kroetsch officiated. He is a cousin of Betty Culliton's husband. Rita and Betty were classmates.

STEPHEN-SHEPHARD—St. Anthony's Church, Toronto, Nov. 7th, Marjorie Shephard to Norman M. Stephen.

RICCI-D'ALOISIO,—St. Clement's Church, Sudbury, October 12, Margaret D'Aloisio to Dr. Eugene E. Ricci.

DITNER-MURRAY—St. Anne's Church, Kitchener, Ontario, Mary Eleanor Murray '52 to Ronald Ditner.

PEALSTEIN-KUSHNER — Montrock, Ontario, September 22, Elizabeth Kushner '53 to Abraham Pearlstein.

WICKHAM-McKEE—Toronto, October 10, Mary Jane McKee '53 to Ed. Wickham.

LEITCH-GARROW, — Cochrane, October 3rd, Pamela Garrow '52 to John Douglas Leitch.

CUSIMANO-SHEA—Holy Family Church, October 17, Patricia Shea '51 to Samuel Cusimano.

BARRETT-BUCKLEY—St. Michael's Cathedral, September 26, Ursula Buckley '52 to John James Barrett.



CALL

Silverwood's

588 Dupont St.

LA. 3381

News Notes



Sister Carmilla is now Superior of Our Lady of Mercy Hospital. Sister will be greatly missed around St. Michael's.

Sister Collette celebrated her silver jubilee on Sunday, July 19th.

Sister Mary Lois '52 is now Director of Nursing Service at St. Joseph's Hospital, Barrhead, Alberta.

Rita Wiggins '38 has entered the novitiate of St. Joseph's Community, Hamilton.

Mary Brown is on the staff of the Red Cross Clinic at 67 Bond St.

Margaret Nealon is now doing Public Health work in Alliston.

Joan MacKinnon Burns '44 is now living in Dayton, Ohio.

Margaret Nasselquist '53 is on the staff of the Flin Flon Clinic in Flin Flon, Manitoba.

Essie Taylor Smith '25, Santa Monica, had a St. Michael's party. Present were: Edna Overend Foy '23, Barbara Rose Stahre '25, Edith Riffel Gallagher '26, Kay Hammell '28, Kay Meagher '30, and Kay Boyle '36. Edna Rosar Evans '23 was unable to attend but the group phoned her in Downey.

Velma Beausoleil '49 is with the Canadian Air Force.

Irene Nealon is on the staff at the Nurses' Residence, St. Michael's Hospital.

Geraldine McCool '49 recently returned to North Bay from California.

Mary Melvanin Butler '49, her husband and baby visited Mae Dennis Caswell '49 in North Bay.

Ruth Phillips Gubb '36 was visiting Edith Earle Lockwood '36 in Glencoe when 'The News' arrived and enjoyed reading it together.

Barbara Forestell '48 and Rosemary Lée '47 are on duty at St. John's Hospital, Santa Monica, California.

Mary Holden Hogan '36 of St. John's Newfoundland, spent a holiday in the Maritimes and Montreal.

Kathleen Moddaford '38 with the V.O.N. in Newfoundland spent her vacation in Labrador.



A letter has been received from Elizabeth J. Kennedy Bond, who would like to contact some of her classmates.

Her Address is:—

Mrs. Elizabeth J. Bond,
14964 Chelsea Ave.,
Detroit 13, Michigan.



JUNIOR ALUMNAE

Mr. and Mrs. Thos. Berthlotte (Katharine Ewing) '52, St. Michael's Hospital, a son.

Mr. and Mrs. T. O'Brien (Betty Gillis) '45, Cornwall, August 21st, daughter, Mary Patricia.

Mr. and Mrs. Gordon King (Muriel Yarranton) '46, Brampton, September 10th, son, Philip Gordon.

Mr. and Mrs. M. Lannon (Marilyn Moore) Providence Hospital Moose Jaw, Sask., Sept. 8th, daughter, Lesleylinda Kathleen.

Mr. and Mrs. R. B. Chappel (Marie Funkhouser) '47, at St. Michael's Hospital, June 20th, a son, Harvey Burton.

Mr. and Mrs. H. Pippy (Margaret Jackman) '43, Woodstock, Sept. 17th, a son.

Dr. and Mrs. J. E. Hall (Frances Walsh) '48, at St. Joseph's Hospital, Toronto, July 19th, a daughter.

Mr. and Mrs. H. McMullen (Rita Moore) '32, Sudbury, Sept. 28th, a son.

Mr. and Mrs. J. F. Bennett (Nora McHenry) '44, Port Colborne, October 5th, daughter, Mary Martha.

Mr. and Mrs. F. J. Butler (Mary Melvanin) '49, St. Michael's Hospital October 4th, a daughter.

Mr. and Mrs. L. O'Reilly (Mary Clancy) '45, St. Mary's Hospital Montreal, September 15th, a daughter.

Mr. and Mrs. P. G. Clancy (Patricia McNamara) '43, St. Michael's Hospital, September 30th, a daughter.

Mr. and Mrs. Skidmore (Leona Costello) '46, August 15th, a daughter, Joanne Mary.

Mr. and Mrs. J. H. Farnell (Patricia Bazinet) '46, St. Michael's Hospital, Oct. 16th, a daughter, Mary Martha.

Mr. and Mrs. M. J. Fitzgerald (Mary Meehan) '39, St. Michael's Hospital, Oct. 15th, a daughter, Teresa.

Dr. and Mrs. W. H. Murby, St. Michael's Hospital, October 21st, a daughter.

Mr. and Mrs. G. P. Hopperton (Frances O'Connor) '49, St. Michael's Hospital, a son.



Since the last issue of the "News" the Convenor of the Class Reunion of 1928, which was held in June, has received letters from the following, who were unable to attend:—

Gert Kenny McIvoy, Detroit.

Eva Godin McLean, Welland.

Irene Steele Peche.

Ashley & Crippen

First in natural colour photographic
portraits

BLOOR WEST

KI 6113



EUROPE

By ALICE McCABE

The planning, preparations, Bon Voyage parties and well wishes are indeed the stimuli to an exciting holiday. The ocean voyage from New York on the Queen Elizabeth was most interesting. It is difficult to describe the hustle and bustle for departure especially on such a large ship. We travelled with full capacity passenger list and crew. After spending five days on this wonderful vessel, one easily understands the reputation for service and quality of service earned by Cunard Steamships.

It was an entirely new England that greeted us at busy Southampton. After seeing her shrouded in the darkness of war, it was a delight to witness the gaiety of the Coronation decorations and preparations. London itself had an entirely new face with all its decorations and stands.

The day of Coronation dawned cold, damp and drizzly—but this was evident in the weather only. We were fortunate in having seats in Parliament Square, opposite St. Margaret's Chapel and the temporary entrance to the Abbey, which we claimed at six o'clock in the morning. There was much to watch, so time passed very quickly. The colour, splendor and tradition of this historic event is so difficult to describe. The representation of all the Empire services, and the Household Cavalry the Grenadier Guards, the famous beefeaters and our own Mounted Police, all so glistening and brilliant in their colourful uniforms, are only a few who took part in the great day. Our own Prime Minister, Mr. St. Laurent, created quite a stir and he showed evident pleasure at his warm reception. Prime Minister Churchill received such an ovation on the return from the Abbey that he had to fall out of the Pro-

cession since he found himself behind the Queen's carriage. The Queen of Tongo won the hearts of all as she rode in her open carriage in the rain waving cheerfully to all. The members of the Royal Family arrived next—in the state coach—the lovely Duchess of Kent and her charming daughter Princess Alexandra—In the glass coach—Princess Margaret and the Queen Mother. There is no doubt of the popularity of the Queen Mother and on this day she looked both proud and happy. At long last the Queen's coach appeared drawn by eight greys. It is indeed a golden coach—right out of a fairy story. The Queen was radiant as she greeted her subjects along this famous route. The Duke of Edinburgh rode beside her wearing the dress uniform of the Admiral of the fleet. Yet in the midst of all this excitement, one could not lose sight of the religious element surrounding this memorable event. The Queen, by her own dignity and bearing, left no doubt as to the solemnity of this occasion. The service was broadcast to the stands and we heard the Queen's replies quite clearly as she pledged herself to the service of her people. We made our way through the crowds to Buckingham Palace to see the appearance of the Royal Family on the balcony for the fly past. The Queen showed no sign of fatigue as she waved to the throng below. Prince Charles and Princess Ann received a tumultuous welcome from the crowd. Speaking of the crowd, many of these had camped along the route for days before the event. There was no sign of ill-humour, no pushing, shoving, shouting, or fighting. The "bobbies", as the London policemen are called, had been on duty since 3 A.M. and were still cheerful and helpful. I should also say a word about the traffic arrangements for the event. Everything seemed to run so smoothly without traffic jams or confusion. I was reluctant to see this day come to an end.

On the Friday evening after the Coronation, I was invited to Buckingham Palace to be presented to the Queen and Duke of Edinburgh. "What impressed you most at this visit" is one question I have often been asked. It is that one so busy and so rushed could find a few minutes for a word with an ordinary citizen. It is truly a sign of greatness, and it is evident in all mem-

bers of our Royal Family. The Queen was attending a dinner given by the Prime Minister for the Foreign Representatives, and afterwards a reception at the palace. She wore a gold lace gown and a coronet she had just inherited from the late Queen Mary, with drop pearls which could be replaced with emeralds, and earrings to match. Her ruby and diamond necklace was one she had worn before for state functions. She inquired about my impression of the Coronation and seemed genuinely interested in my replies. The student nurses from St. Joseph's Hospital had sent a Spiritual Bouquet to her which impressed her greatly because it was a joint effort on the part of teen-age girls. The Palace was busy with preparations for the reception and it was of special interest to see the footmen with their hair powdered wearing their dress livery-red tunics trimmed with heavy gold braid. An added unexpected pleasure was the viewing of the Coronation gown at close range which the Queen was to wear at the reception. It is heavy satin richly embroidered in precious and semi-precious stones. It weighs fifteen pounds and is perfect in design and detail. It is the work of Norman Hartnell of London, the Queen's dress designer, and for this, he was made a Member of the Victorian Order.

Leaving England and the Coronation behind, I crossed from Harwich to Hook of Holland, and on to Amsterdam. I found many changes in Cologne. The steamer trip down the Rhine from Coblenz to Ausmannshausen was a delightful interlude. From Wiesbaden to Heidelberg—the city of the Student Prince—we travelled through the Black Forest to Freudenstadt. Switzerland offers much to the interested traveller, but the highlight of my trip was the difficulty in getting through the Grimsel and Simplon passes, because of snow. We went on to Locarno, Milan, Venice, Florence, Turin and finally to Rome. St. Peter's and its awe-inspiring magnificence leaves me without words to express its effect upon me. My greatest thrill of the entire trip was going through the bronze doors, past the colorful Swiss guards, up countless steps to the audience chamber of the Vatican to see the Holy Father. It was something I thought just wouldn't happen to me, but there I was in this tremendous throng to receive His Blessing. From Rome we journeyed to Pisa and

its famous Leaning Tower, on to Spotorno and San Remo on the Italian Riviera and Nice, Cannes, Monte Carlo on the French Riviera. We visited a perfume factory in Grasse, toured Avignon, Vichy, Fontainebleau to Paris. Paris will always be a breathless city packed with interest. We journeyed through Normandy by train to Calais, over the English Channel to Dover and back to London. I flew from London by Air Lingus to Dublin. Ireland has so many shades of green that from the air, it presents a beautiful picture. The charm of the Irish is very evident to the visitor. After a little glimpse at Belfast and Ballymena in County Antrim I flew to Glasgow. From there to Edinburgh and by the new train, the "Elizabethan" to London.

I was most disappointed to have to miss Her Majesty's Garden Party on July 16, but I sailed on that date from Southampton on the Samaria. It seemed fitting that I should arrive home to historic Quebec, the perfect anti-climax to such an enjoyable and memorable visit to the Old World.



BUCKINGHAM PALACE

THE PRIVATE SECRETARY IS COMMANDED BY THE QUEEN TO THANK THE SISTERS, ALUMNAE MEMBERS AND STUDENT NURSES FOR THE COPY OF "NEWS" AND FOR THEIR KIND MESSAGE OF LOYAL ASSURANCES.

12th August, 1953.

The above letter was received in acknowledgment of "The News" and good wishes.



TRY

Borden's Milk

PR. 2511

EATON'S

"CLINIC" SHOES FOR WOMEN IN WHITE

It was to suit the specific needs of nurses that "THE CLINIC SHOE" was designed . . . combining firm, lasting arch supports, flexible leather uppers, and Goodyear welted soles for solid comfort!



A—No. 404—White kid military heel. "Napline" soles. Sizes $4\frac{1}{2}$ to 10, widths AAAA to C in the group. Pair **13.95**



B—No. 409—White calf, low heel. "Napline" soles. Sizes $4\frac{1}{2}$ to 10, widths AAA to C in the group. Pair **12.95**

THE CLINIC SHOE

Available in these Eaton Stores: Toronto, Main Store and, Eaton's-College Street; Hamilton, Montreal and Winnipeg.

ANNUAL ALUMNAE DANCE

To Be Held

Monday, January 18th, 1954

Convener - Mary Lou McRae